



2021 IBP SOUTH CAROLINA POWERLIFTING CHAMPIONSHIPS

**Saturday
December 4, 2021**

- Place:** **Crossfit Bang Bang** 124 Village Lane, Easley, SC 29642
- Deadline:** Pre-contest (paid) entry deadline is **November 27, 2021**. Meet-day entries will be allowed until weigh-in cut off at 8:30am. All lifters who do not pre-enter before the **November 27** deadline could receive an award via mail (because of award availability). Please register online ASAP. Online registration is available at: www.ironboypowerlifting.com
- Time:** **Saturday** Lifters Meeting 9:00am, Lifting begins at approx. 10:00am.
- Weigh Ins:** At meet site: Friday evening 5:30pm – 7:00pm and Saturday morning 7:00am – 8:30am
- Entry Fees:** \$75 Adult Class Full Power (3 lift), Push Pull,
\$75 Adult Class Squat Only, Deadlift Only, Bench Only,
\$50 Crossover Adult Classes,
\$35 Youth/Teen Class Full Power (3 lift), Push Pull, Squat Only, Deadlift Only,
Bench Only
- Spectator Fee:** \$6 for all adult non-lifters. (children under 5 free)
- Sanction:** Iron Boy Powerlifting—Lifters must be a member of the IBP to participate. Membership cards (\$30 for adults, \$20 for students) will be available at the meet or you can register On-Line at: www.ironboypowerlifting.com
- Awards:** Awards will be presented to all lifters.
- Rules:** Rules will be covered in the lifter meeting. Rules are posted on the [IBP website](#). If you have questions please contact the meet director!
- Team Rules:** Teams must have at least 5 lifters. No more than 2 lifters are allowed per weight class. Teams will be scored by formula.
- Attire:** **Adult lifters must wear a one piece lifting singlet / suit.** (Although a singlet is preferred, Youth/Teens and Novice lifters can wear snug fitting shorts and shirt.) All attire will be checked at weigh-in. The IBP Approved Apparel List can be found on the IBP website. If you have questions please call.
- Meet Director:** Keith Payne 336-251-8704 Email: keith@ironboypowerlifting.com
- Website:** All Iron Boy contests will be covered by the IBP website.

www.ironboypowerlifting.com

No refund of entry fees. Your entry fee can be applied to another IBP event in the case of an emergency.

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Name _____ E-mail Address _____

Address _____ City _____ State _____

Zip Code _____ Phone # _____ Age _____ Gender _____

Gym where you train _____ IBP Membership # _____

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Bench Only

Circle One: Raw or Pure Raw or Equipped

Circle Weight Class: Women's Weight Classes

66, 77, 88, 97, 105, 114, 123, 132, 148, 165, 181, 198, 198+

Circle Division/s: (Adults can enter more than one division.)

Youth/ Teens: 6-7, 8-9, 10-11, 12-13, 14-15, 16-17, 18-19 Special Olympics

Junior (20-23) Open Intermediate (24-34) Police/ Fire / Military

Submaster (35-39) Masters 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, etc.

In consideration of my acceptance of this entry, I hereby for myself, executors, and administrators waive and release all rights and claims for damage or injury which I may incur by virtue of my competing in the 2021 IBP SC PL Championships as against Keith Payne, Crossfit Bang Bang, meet volunteers and sponsors. I also realize that the sport of Powerlifting is a high-risk sport, and I could be injured. I certify that I am in good health and have no serious health problems, and assume full responsibility for such condition. In addition, I waive all rights to any pictures/ video taken by the meet promoter at this event. I have read and fully understand the waiver and assume all risk for injury, and do here by verify with my signature.

Signature

Parent signature if under 18 years of age.

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Team Registration Form

Teams must have at least 5 members. Limit of two per weight class. Scoring will be done by formula. The five highest scores for each team will be used. All team members must meet all division criterions. Members must also be entered in an individual event to be qualified for team competition.

Circle One: Raw or Pure Raw or Equipped

Circle Division/s: Youth/ Teens Open Masters

\$50 fee per team.

Team Name _____

Team Captain _____

Members

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____